



3. Lüneburger Heide Staffellauf und Ultra-Marathon Lüneburg / 18.06.2022

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Dannenberg Hans-Peter

□□: Dannenberg.training

□□: 19

□□: 100.00 km

Ultra-Marathon

□□□□:

Senioren M60 (60-64 Jahre)

□□□□□/□□□□: DNF (of 102)

□□□□□/□: DNF (of 86)

□□□□□□: 8:42:41

□□□□□: DNF(of 7)

□□□□□□□: 12:48:06

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Südergellersen	10.30	1:00:20	5:51	1	-	34	12:23	10.30	1:00:20	5:51	1	-	34	12:23	
Amelinghausen	13.80	1:21:55	5:56	1	-	29	17:43	24.10	2:22:15	5:54	1	-	32	30:00	
Schwindebeck	9.40	59:26	6:19	2	0:39	35	15:32	33.50	3:21:41	6:01	1	-	35	1:04:21	
Bispingen	8.90	1:02:56	7:04	3	5:28	38	20:54	42.40	4:24:37	6:14	2	1:22	42	2:07:17	
Overhaverbeck	10.80	1:33:24	8:38	3	22:13	50	39:44	53.20	5:58:01	6:43	2	18:51	39	1:43:39	
Undeloh	6.90	-	-	6		63		60.10	5:58:01	5:57	1	-	15	1:01:02	
Egestorf	9.20	fehlt!	-	-	-	-	-	69.30	-	-	-	-	-	-	
Salzhausen	10.70	fehlt!	-	-	-	-	-	80.00	-	-	-	-	-	-	
Südergellersen	10.90	fehlt!	-	-	-	-	-	90.90	-	-	-	-	-	-	
Sülzwiesen	9.10	fehlt!	-	-	-	-	-	100.00	-	-	-	-	-	-	